



Safety Simply Stated

Caught in the Act

Trench safety is not something that you hear about everyday. The regulatory requirements for working in and around trenches is quite rigorous. The type of soil, depth, and slope are just a few things that must be taken into consideration. In addition employees must wear appropriate personal protective equipment.

This month Julie Werner, Safety Specialist at the Water Department caught one of the members of the Main Construction crew working safely while working in a trench. Of course the crew works as a team, so finding one employee working safely also reflects on the commitment of the entire crew!

Julie caught Aaron Gay working safely and said that "Aaron has been with the Water Department for about six months and already has health & safety down pat!" In this picture Aaron is installing a tapping sleeve which is used to make a "hot tap" (called that because the water main is functional and filled with water.) The next step would be to make the hot tap and connect a lateral pipe to the water main.



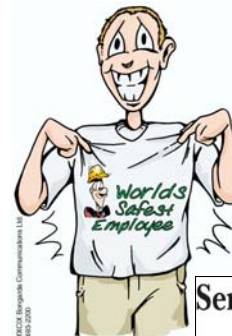
As you can see, Aaron's crew has shoring and a ladder in place; and, although you cannot see it, the soil pile is several feet from the trench. Aaron is wearing all the required personal protective equipment: steel-toe boots, hard hat, and gloves to work in a trench.

Thank you Julie for catching Aaron working safely!

THANK YOU & CONGRATULATIONS AARON!!

Inside this issue:

Bird Flu? What Is It All About?	2
Grilling Safety 101	3
June 2006 National Safety Month	4
Water Safety Word Search	5
June Training Calendar	6
Preventing Heat Stress	7



Service First
Safety Always

Bird Flu? What's it all about?

by Michael Johnson, Manager of Support Services,
Department of Health and Human Services

There has been quite a bit of media attention given lately to Bird Flu. But what is it? Is it really a risk to humans? Are we looking at a major flu epidemic that may kill thousands of people in this country? Is the medical community preparing for such an event?

There has been a great deal of concern about how "Bird Flu" relates to human strains of influenza. The current strain of bird or avian flu being tracked in Asia and Europe makes a lot of birds ill, and has been documented to have been transmitted to humans who have had contact with birds who are sick with avian flu. It is very important to understand that this current strain of flu is not easily transmitted between humans. When the strain mutates to make such human to human transmission occur more easily, this is when the concern will rise very rapidly about creating a vaccine for humans that addresses that specific strain of influenza.

These are very real concerns. However, it is important to have the most up-to-date and accurate information. The City of Long Beach Department of Health and Human Services, in its role of an independent local health jurisdiction, has been preparing for an influenza epidemic for many years. This is because it is inevitable that at some point there will be a strain of influenza that is especially strong for which a vaccine has not yet been prepared. There were three flu epidemics in our country in the 20th Century that did result in many deaths (1918 being the one which got the most attention, however the most recent occurred in 1957 and 1968). The Health Department has been working with the local medical community, hospitals, the school district, Red Cross, emergency responders, as well as regional, state and federal health agencies to improve our preparedness.

So what can you do? Please view the information on our web site (which may be found through the link to the city's main web page www.longbeach.gov). There you will find information about the flu, and links to site that will help you prepare for the flu or other emergencies or disasters. If you would like someone to come present to a group, you will find how to do that on that site as well.

Remember that flu is a health concern annually in the world. Following good health tips and making sure you are fully immunized is your best step to good health.

If you have any questions, you may contact me at the Health Department at (562) 570-4012.

*"I had a little bird, its name was Enza. I opened the window, and in flew Enza."
(sung by children during the 1918 influenza epidemic.)*



Keep Stress in Check



Stress is the body's response to pressure, tension and change. A little stress can sharpen your senses and your performance. But too much stress can be harmful to your body and your mind. You can manage stress if you take positive action as a matter of routine. Here are 10 tips to help:

- ♥ Eat well, exercise regularly and get enough sleep.
- ♥ Plan and prioritize. Make reasonable "To Do" lists and try not to add to them.
- ♥ Be flexible. Go with the flow and learn to accept what you can't change.
- ♥ Make time in your schedule for fun and relaxation.
- ♥ Talk out your problems with a trusted friend, co-worker or relative.
- ♥ Break down big projects into small tasks.
- ♥ Chase stress away with humor. Share appropriate jokes with co-workers.
- ♥ Take short stretch breaks during the day.
- ♥ When things get tense, close your eyes and take 10 slow, deep breaths.
- ♥ If you have persistent, stress-related physical or emotional problems, don't hesitate to consult a counselor or your doctor.



GRILLING Safety 101

by Lab Safety Supply, Saf-T-News, May 10, 2006, Issue 220

Backyard barbecuing! It's a summertime ritual, a not-so missing link between our modern selves and our primitive ancestors. And it smells good.

But barbecuing involves working around high heat and flammable materials, and that means inherent hazards. Safety matters in the backyard, too. To ensure safety at your next barbecue, triangulate your attention on adequate protective equipment, safe work habits, and proper maintenance.

Protective Equipment



Barbecue mitts or hot pads give your hands direct protection, but long-handled, heat resistant preparation utensils such as forks, tongs and spatulas work as the primary defense against painful burns by keeping distance between the outdoor chef and the heat. A heavy, securely fastened apron can also help to protect clothing from splashes, splatters and stains.

What you don't wear can be as important as what you do. The safety-conscious chef won't be caught wearing loose shirts or blouses with long, flowing sleeves. Baggy sleeves can easily stray into flames or onto a hot coals, rapidly transforming a festive backyard cookout into a surrealistic nightmare complete with sirens, ambulances and dour-faced emergency room staff.

Don't forget to cook safely during the summer months

Safety Guidelines

No matter what the fuel source, charcoal or gas, grills should only be set up in well-ventilated areas. Using grills in enclosed areas such as breezeways, basements, or even garages could lead to a build-up of deadly carbon monoxide gas. The result could be irreversible injury or even death for those exposed. Commercial lighter fluids are specifically formulated to penetrate charcoal briquettes and ignite them in a slow, controlled fashion. Never substitute gasoline or other highly volatile fluids for commercial lighter fluids. Gasoline is formulated to power internal combustion engines. Under the right conditions, gasoline and the drop of a match could ignite not only the briquettes, but the chef and the chef's residence as well. Other grilling enjoinders include: never use a grill on a wooden deck or patio, never move a grill until the fuel source is disconnected or used up and the grill has cooled off, never leave a grill unattended, especially if children or pets are present, and never do your grilling while under the influence of alcohol or other controlled substances. According to the Weber Charcoal Cookbook, the intensity of the heat on a charcoal grill should be controlled by adjusting the bottom vents. The vents on the lid of a Weber grill should always be in the full open position during cooking.

Maintenance

The grill experts at Weber recommend a thorough annual cleaning. After ashes have been removed, built-up grease should be cleaned from surfaces using a spray-on oven cleaner. Next, wash with detergent and water to remove cleaner residue. Removing grease will enhance the efficiency of the grill and eliminate the possibility of a grease fire. Owners of gas grills should refer to their owner's manual for specific maintenance procedures. The venturi tubes on gas grills must be cleaned periodically. Insects and spiders can build nests inside these tubes and these nests can block gas flow and cause a fire in and around the operating valve. Following these basic safety measures will not guarantee culinary acclaim for your signature barbecue dishes, but ignoring them could be a recipe for disaster.



June 2006 National Safety Month

By Reshan Cooray, City Safety Officer

Service First
Safety Always

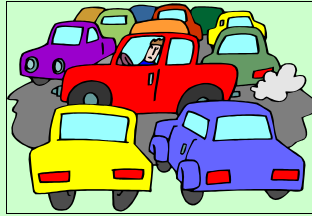
The National Safety Council (NSC) is a non-profit, non-governmental, international service agency that is dedicated to protecting life and promoting health. Each year, the NSC dedicates June as National Safety Month in an effort to increase public awareness and ultimately decrease the number of injuries and deaths in the workplace, in homes and communities and on roads and highways.

This year marks the 10th anniversary of National Safety Month. The theme for 2006 is *"Making our world a safety place"* through education and influencing people to adopt and maintain safe and healthy practices and behaviors in all aspects of their lives.

Throughout the month, National Safety Month activities will address safety risks and include injury prevention tips applicable to the workplace, driving, and the home and community. Each of the following four weeks in June have been designated a specific safety focus:



- June 5-9 Driving
- June 12—16 Workplace
- June 19—23 Emergency Preparedness
- June 26—30 Home and Community



June 5—9 DRIVING



June 12—16 WORKPLACE



June 19—23 EMERGENCY PREPAREDNESS



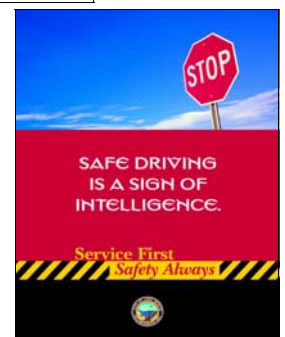
June 26—30 HOME AND COMMUNITY

You can find information on the above topics on the National Safety Council website at <http://www.nsc.org>.

The City's safety theme, **Service First, Safety Always**, really highlights that service and safety go together. When City employees become injured, this can have an affect on their family, quality of life, coworkers as well as the City's ability to provide the services that our community needs and expects.

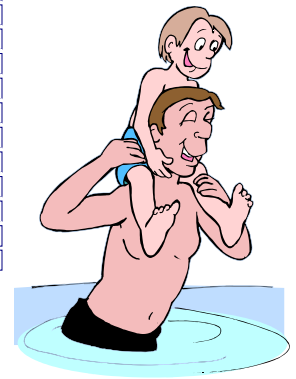
Throughout the year, all City employees are encouraged to prioritize safety by following Codes of Safe Work Practices, identifying, and reporting hazards to their supervisor, the Department Safety Officer, or the City Safety Office. Employee Hazard Notification Forms are located on the intranet in the Safety Section.

Supervisors and Managers are encouraged to ensure that employees have the right tools to do the job and that they are properly trained. Please refer to the training calendar in the newsletter and on the intranet for classes that are offered in June.



Water Safety

Word Search



- Learn to swim _ _ f _ _ . Classes are available for swimmers of all ages—take one.
- Never swim in u _ _ n _ w _ waters.
- If possible, swim in areas supervised by _ _ _ _ _ g _ _ _ _ _ .
- Never drink _ _ _ _ _ or use _ _ _ _ _ while you are in or near water.
- Don't chew _ _ _ or _ _ _ as you swim; you could easily _ _ _ _ _ .
- If you are planning to _ _ _ m in a new area, c _ _ _ k it out first. Swim only when you know the d _ _ t _ of the water and the condition of the _ _ t t o _ .
- Know _ _ u _ limits. If you're not a strong swimmer, stay close to the _ _ _ e of the pool or s h _ r _ so you can get to safety by yourself. Don't attempt to keep up with stronger swimmers.
- Whenever small children are in or near the water, they should wear a _ e r _ _ _ _ Flotation Device (PFD).
- If you are a _ t _ o _ swimmer, don't _ _ m _ t others who may not be able to _ _ _ _ up with you.
- Wear _ o _ l _ _ only for surface swimming, not underwater.
- If you have long hair, _ _ _ it back or _ e _ _ a bathing _ _ _ ; it could get c _ _ _ h _ underwater.
- If _ _ _ _ _ y weather is approaching, get _ _ _ of the water.

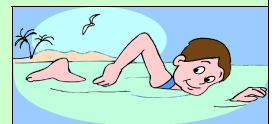
Complete sentences 1-18 by filling in the blanks with the missing word(s). Then find the missing words, which are hidden in the block above. (Words are spelled forward, backward, and diagonally.)

P	D	Q	W	O	L	L	A	H	S	D	R	U	G	S
A	E	S	E	L	W	O	S	T	R	O	K	E	C	E
C	T	T	A	I	R	H	T	A	E	T	Y	H	U	I
O	S	O	R	F	P	O	U	N	K	N	O	W	N	S
P	U	R	A	E	E	C	O	S	D	K	K	F	T	G
M	A	M	H	G	M	L	J	K	E	C	L	R	S	Z
A	H	Y	X	U	A	A	Y	C	E	M	E	T	W	L
R	X	V	G	A	B	N	M	H	O	T	R	A	I	A
C	E	U	F	R	E	K	C	T	C	O	I	T	M	N
S	O	L	D	D	E	P	T	H	N	M	H	E	T	O
E	R	O	H	S	W	O	Y	G	O	G	G	L	E	S
D	K	E	E	P	B	E	Y	O	U	R	O	C	M	R
G	P	R	E	V	E	N	Q	A	H	M	S	B	P	E
E	H	A	S	S	O	R	C	A	G	U	I	E	T	P
T	C	U	R	R	E	N	T	F	D	N	O	C	E	S

- Never dive or jump into s h _ _ _ o _ water.
- If you get a _ r _ _ , try to s _ _ _ _ h it out while floating in the water. Then, swim to safety, if possible, using a different _ t _ _ _ .
- If you become _ x _ _ _ _ _ d, float until you feel rested.
- If you are caught in a _ _ _ _ _ n _ , swim a c _ _ _ it, not directly against it.
- N _ _ _ _ leave a small child alone near water, even for a _ e _ _ _ .
- Don't swim _ _ _ _ _ e.

**Whenever you go swimming,
always beware of the
Dangerous "TOOs"**

- Too overheated
- Too cold
- Too tired
- Too far from safety
- Too much sun



Deadline to submit answers to the Safety Quiz is **June 23, 2006**. Please send your responses to the City Safety Office to participate in our prize drawings. Each month we will run a quiz for prizes.

Name _____

Department, Bureau & Division _____

Phone Number _____

**Water Safety Word Search
June 2006**

June 2006

Citywide Employee Safety Training

(Schedule as of May 31, 2006) — Revised



Date(s)	Course	Time(s)	Location
June 6	Weapons of Mass Destruction (Module 6) (2 hrs)	1:00 pm – 3:00 pm	Main Library, 101 Pacific Avenue, Meeting Room 1
June 7	Backhoe/Skiploader Training (8 hrs)	7:00 am – 4:00 pm	Water Department, 1800 E. Wardlow Road, Assembly Room
June 9	Asbestos Supervisor Refresher (8 hrs)	8:00 am – 4:00 pm	Ecologics, Santa Ana, California
June 14	Forklift Initial Class 4 and Class 5 (8 hrs)	7:30 am – 3:30 pm	Water Department, 1800 E. Wardlow Road, Assembly Room
June 14	Medical Waste Awareness (8 hrs)	8:00 am – 5:00 pm	PW, EDC, 2929 E. Willow Street, Classroom
June 14	Bloodborne Pathogen (Module 3) (3 hrs)	12:45 pm – 4:00 pm	Main Library, 101 Pacific Avenue, lower level, Meeting Room 1
June 21	AED/CPR (Module 1) (4 hrs) 2-sessions AM/PM	8:00 am—12:00 pm & 12:30 pm—4:30 pm	American Red Cross, 3150 E. 29th Street, Classroom 2
June 22	Bomb Threat Awareness (Partial Module 4) (1 1/2 hr)	8:30 am—10:00 am	Police Department, West Police Substation (WPSS), 1835 Santa Fe Avenue, Community Room NOTE: Change date from June 15
June 22	Fire Extinguisher (Partial Module 4) (2 hrs) 2-sessions AM/PM	10:00 am – 12:00 pm 1:00 pm – 3:00 pm	LB Airport Maintenance Yard, 3150 St. Louis Avenue, Conference Room and Fire Pit
June 28	First Aid (Module 2) (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm 12:30 pm – 4:30 pm	American Red Cross, 3150 E. 29 th Street, Classroom 2
June 28	Supervisor's Incident Investigation Training (SCAT) (2 hrs)	1:00 pm – 3:00 pm	Main Library, 101 Pacific Avenue, lower level, Meeting Room 1
June 29	Ergonomics Office Training (1 1/2 hr)	10:00 am – 11:30 am	Main Library, 101 Pacific Avenue, Meeting Room 1
June 29	Life Safety (Module 5) (4 hrs) 2-sessions AM/PM	8:00 am – 12:00 pm & 12:30 pm – 4:30 pm	PW/EDC Classroom, 2929 E. Willow Street NOTE: Please park on Willow Street

Revised 5/31/06

NOTE: Course dates and time are subject to change without notice. Please be advised that HR will request a JV charge point from departments who have employees signed up for training and they do not show up for the class. If you have any questions, please contact May Parks, Risk Management @ may_parks@longbeach.gov



Did you know?



Did you know you can take safety training classes on-line? We offer various classes on-line such as: defensive driver's training, ladder safety, bloodborne pathogen, fire extinguisher, office ergonomics, just to name a few as refreshers courses after the employee has completed an initial classroom session. Students must first obtain an ID and password from their supervisor to access the on-line training program. Please call the Safety Training office at 570-5059 for more information.





City of Long Beach
Department of Human Resources
Risk Management/Safety Office
333 W. Ocean Blvd., 10th floor
Long Beach, CA 90802

Phone: 562 570-6476
Fax: 562 570-5375
Office Hours: Monday—Friday
7:30 am—4:30 pm

***Safety is Everybody's
Business***

We 're on the web!

<http://clbnet/hr/safety/default.asp>

Safety Office Staff Members

- Reshan Cooray, City Safety Officer..... (562) 570-6476
- Tristina Meche, Safety Specialist II..... (562) 570-5892

Service First
Safety Always



PREVENTING HEAT STRESS

The term "*Heat Stress*" refers to a group of heat related illnesses that include: heat cramps, heat exhaustion, and heat stroke, which can be fatal.

The following precautions can be taken to prevent heat related illnesses:

- Never leave anyone in a closed, parked vehicle during hot weather.
- Drink plenty of fluids before working in a hot environment, and replenish lost fluids during rest breaks.
- Plan strenuous outdoor activity for early or late in the day when it is cooler.
- Take frequent rest breaks.
- If you are taking medication, be especially careful about heat exposure. Some medications can make you more vulnerable to heat.
- Wear sun block, hats and light, loose fitting, clothes to protect skin from the sun's harmful rays.
- At the first sign of heat illness (dizziness, nausea, headaches, muscles cramps), move to a cooler place, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if conditions do not improve.



Work safely during the summer months